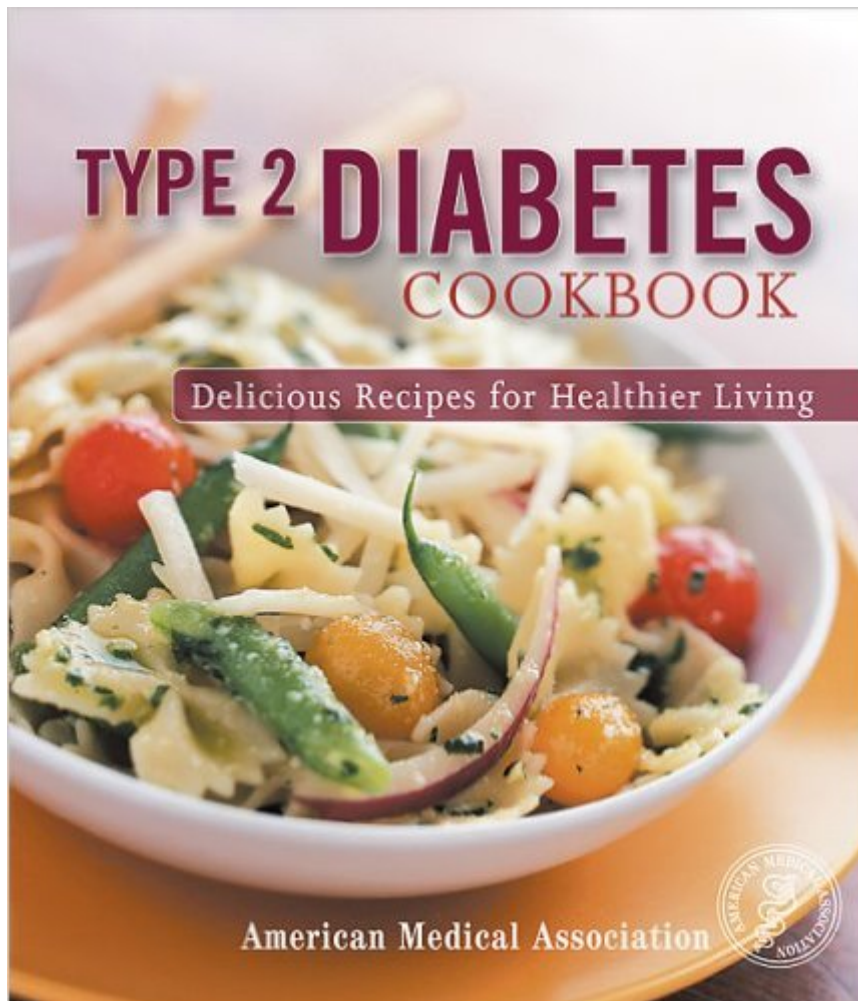


The book was found

Type 2 Diabetes Cookbook: Delicious Recipes For Healthier Living (American Medical Association)



Synopsis

Flavorful, nutritious recipes created by diabetes experts make it easier to prepare healthy meals while losing weight and to take control of type 2 diabetes. AMA-approved recipes are simple, with quick and easy main dishes, sides, soups, snacks, and desserts. A complete introduction offers the latest information on identifying type 2 diabetes risk factors, hints for fighting diabetes, setting goals for nutrition, learning about healthy and unhealthy fats, and counting calories for achieving ultimate weight loss including special guidelines for determining calorie levels for your children. Calorie counts, diabetic exchanges, and complete nutrition information for every recipe is included in an easy-to-follow format.

Book Information

Series: American Medical Association

Paperback: 144 pages

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ISBN-13: 978-0696224423

Product Dimensions: 8.1 x 0.5 x 9.4 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.0 out of 5 stars Â See all reviews Â (7 customer reviews)

Best Sellers Rank: #1,277,664 in Books (See Top 100 in Books) #102 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #981 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

This cookbook is just ok. The recipes are either too simplified or are way too complicated with yucky ingredients like goat cheese and edamame. Just not realistic for everyday cooking.

I needed some ideas for diabetic recipes and this book really helped. I am glad I purchased this great cookbook!

Very nice book, with lots of colored photos of the delicious dinners described. A good value.

Carb count in so many of the recipes where way to high, especially if your feeding a hungry

husband with diabetes.

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